

# You Are Nothing but the Sky

## A Road Map for 2020 and Beyond

Hamón through Lyssa Royal Holt

Channeled in August, 2019

*Hamón is an ambassador from Sirius who is continuing the evolution-assistance work the ancient Sirians initiated on Earth many thousands of years ago. He began channeling through Lyssa in 2011, to help us prepare for the 2012 transition.*

**Hamón:** Greetings my friends, it is I, Hamón. We wish to share information about 2020 and beyond. We recognize the pattern that you are experiencing in your mass consciousness as being a pattern that is very common for civilizations that are transitioning from 3<sup>rd</sup> to 4<sup>th</sup> density. As you know, the state of 4<sup>th</sup> density consciousness is one that begins the process of the integration of polarity. Third density is, of course, the reality in which you experience the most polarity. Therefore, as a civilization begins its shift into a 4<sup>th</sup> density reality it must confront the parts of itself that have invested in the consciousness of polarity.

Please know that I speak from experience because of what my civilization has experienced in the ancient past. The guidance we will give you now is not only based on ancient Sirian experience, but also based on patterns we have seen in other physical civilizations as they, too, transitioned from 3<sup>rd</sup> to 4<sup>th</sup> density.

As you move into your year of 2020, it is very likely that the energy may seem to be quite chaotic. Events may take unexpected trajectories. You are seeing this now already in the wild swinging between polarized energies on your planet. As you look at your mass consciousness you are seeing what appears on the surface to be a great division forming in energy upon your world. While it looks like that from the surface, we want you to know what it looks like from the bird's eye view.

Every challenge, however dark it is, is always an *opportunity*. It is an opportunity given to face that which you have not wanted to face up until this point. This also includes facing what has previously been projected onto others – a shadow that has been projected onto others that is really your *own* shadow needing recognition.

So seeing things from this bird's eye view, we see a civilization that is about to make a collective and momentous shift in consciousness. Right now, the energy needs to be gathered that can fuel that shift in consciousness. As you know, the dynamic tension between polarized charges can generate an energy field that can create the alchemy necessary to transform consciousness.

Thus, this intensity that you are seeing now is based on the need for the creation of the energetic charges of opposite poles to initiate the alchemical response to fuel the shift in consciousness. Looking at it from a neutral perspective, it is not anything negative or bad. It is not a sign of your "low-level of consciousness." It is simply the mechanism of polarity itself. For civilizations such as Earth and the ancient Orions, the increase in polarity is what leads to your eventual alchemy and transmutation of polarized charges.

Therefore my friends, there is much hope. We don't like to use that word, because hope implies the possibility that you can "fail." In reality, there is no failure. There is simply just the ongoing process of evolution.

As your time-counting process clicks over into 2020, there is also an unconscious belief about fresh starts. It is a new decade. For many, the idea of a new decade gives you a little bit of excitement to start anew. As we read the energy now within your mass consciousness, we sense the energy of great optimism as you move into the first month of your year of January. However, whenever a civilization is about to integrate polarity, the energy can be very volatile. This means that trajectories may change. You think you are heading on one path and suddenly you are moving in another direction. For humans who have been used to linear time in 3<sup>rd</sup> density, sudden changes of trajectory can be very disorienting. You are going to see this in 2020 more than you already are seeing it. The process has already started. We are aware that many of you are feeling it. It is part of the exhaustion that many of you are feeling.

As uncomfortable as it is, this change in trajectory is part of the natural process of trying on different states of being with different frequencies and outlooks so that you can begin sloughing off the old skin of the old reality. As you move into 2020 this energy of disorientation and the feeling of energetic chaos may ramp up. That is why your personal inner work next year becomes even more important than it already is.

We have a few points we wish to share regarding what to expect as this energy shift accelerates in the year 2020 and beyond. The first is something that many of you have been joking about. It has to do with memory and thought.

### **Memory and Thought**

Many of you are commenting that your memory is not what it used to be. We are aware that for at least 30 years, Sasha (the Pleiadian channeled through Lyssa) has been talking about this shift from magnetic to holographic memory. She has talked about the analogy of cassette tapes vs. CDs vs. digital files. Old-style analog magnetic memory is very linear. Third-density thought processes and memory are very linear. As you move into the fourth-density reality, you have begun overlapping your "analog" and "digital" capabilities of consciousness. You still haven't learned how to operate within a more digital or holographic reality. Especially under times of stress, you tend to grasp for the familiar process, which is more analog. When you grasp a more linear, analog process and you can't access memories in the same way that you used to, you experience frustration. Then if you continue to push and try to grab that memory with the mind/ego, and you can't, you then experience stress.

This is part of the challenge that is being experienced now. The advice regarding this is to be aware once again that this is another polarized dynamic that is transitioning on your world. Begin to notice when you are grasping at an analog process (which has more to do with the process of "doing"). When that type of experience is no longer appropriate for what you are dealing with in the moment, notice it. When you notice it, you will then notice that the remedy to that frustration is to let go of the analog process. Seek to learn how, in that moment, you can begin understanding how to work in a more holographic way – which *always* has to do with letting go. It is more of a process of not-doing.

Letting go is the thing that the ego hates and fears the most. My friends, you are going to have to

become very familiar with that process of letting go, because you are going to find that it will become the only process that will bring you peace.

Another area where you might see some big shifts that have already begun has to do with the human energy levels.

### **Human Energy Levels**

We know many of you have already noticed that your energy level is very different. You are finding yourself experiencing much more fatigue, but yet there is nothing “wrong” with the physical body. One of the reasons for this fatigue is connected to what we discussed above. When a transitioning 4<sup>th</sup> density being grasps at 3<sup>rd</sup> density processes in order to live its life in a new 4<sup>th</sup> density reality, it is like trying to go through your daily reality with a 50-pound stone on your back. It will slow you down. It will fog your thought. And, it can make you very angry.

So very often the sense of anger, exhaustion, and overwhelm is coming from what we discussed above, which is the attempt to use 3<sup>rd</sup> density tools in a 4<sup>th</sup> density reality. They are simply not compatible. Yet, it is only you who can train yourself to exchange the old tools for the new tools. Every being in a transitioning civilization has to train themselves. No one else can train you. We can point out the direction to go (which is what we are doing right now), but it is *you* who must walk the path and learn to use the new tools as well as make the conscious choice to put down the old tools. Also recognize that the conscious choice to put down the old tools cannot come from the ego, because the ego – with all of its demands – really has no power at all. That “decision” to put down the old tools is one that comes naturally and it is one that comes in a transitional way. You usually only recognize that you have put down the old tool in retrospect. That is ok.

This addresses the idea of exhaustion. So my friends, as you go into the year 2020, if that feeling of exhaustion is there, you *must* give yourself the quiet time to process and digest your changing reality. That also means you must process and digest the things that are coming to the surface that you have not been willing to see until now. These unseen things will now become the “elephant in the room” so to speak – you will no longer be able to step around them. You must address them in order to walk further on the path.

Another issue that is coming up is one that you have much more capacity to see than you did in the past. This has to do with what we call the “urge to polarize.”

### **The Urge to Polarize**

Remember once again that the 3<sup>rd</sup> density reality is very polarized. That is its nature. As you move into 4<sup>th</sup> density, the “skill” of polarizing reality is no longer needed my friends! You are very skilled in polarizing reality. The everyday challenge then is to notice in your actions, your thoughts, your emotions where the urge is to polarize, categorize, and judge – whether it is in the outside world or against yourself. Many of you judge yourselves against the image of perfection that you feel you “should” be. It is going to become necessary – increasingly so – that when you see the urge is there to polarize that you step back. Take a breath. Do not follow the urge. We will talk about this more in a moment.

There is one other item that you are already noticing that will continue to increase. This has to do with losing focus and becoming easily distracted.

### **Focus and Distraction**

We are finding that many humans at this point are having difficulty staying focused – except that they are very adept at staying focused on negative things! You are masters of staying focused on negative things. Part of that is a process of your biology. However, as a species transitions from 3<sup>rd</sup> to 4<sup>th</sup> density, that is also the time when you transcend biology as being the main determinant of your reality.

If you are having this experience of losing focus or becoming easily distracted, we ask you not to fret about it. You are not experiencing dementia! Well, in a way, it is a third-density transitional “dementia”. Remember the idea we discussed earlier – that you cannot use 3<sup>rd</sup> density navigational tools in a 4<sup>th</sup> density reality. Your navigation through reality will also have to change in the 4<sup>th</sup> density experience. It is as if you have 3<sup>rd</sup>-density tools in one hand and 4<sup>th</sup> density tools in another hand. Eventually you will set down the 3<sup>rd</sup> density tools. But right now, you are trying to use them together, like a round peg in a square hole. They don’t work together. You will learn that, and you will then begin to transition more and use the 4<sup>th</sup> density tools necessary to navigate a 4<sup>th</sup> density reality.

These tools are nonlinear. They are more holographic, and more heart-focused. You will learn this as the time comes. Meanwhile, humorously, this transitional phase may feel like a bit of 3<sup>rd</sup> density dementia!

### **How to Navigate this Transitional Time**

So then, how to navigate this transitional time? We have spoken about this in depth in numerous workshops, so we will summarize here. We will give you three ideas to chew on. If you wish, this can be your homework to help you move to the next level of your inner work in 2020 and beyond.

#### **Tool #1: The Mind vs. Consciousness**

There has been much talk about this idea for millennia on your world, so it is nothing new. This is a reminder. It is becoming critical (the red lights are flashing) to learn to differentiate between the mind and consciousness itself. We are going to give you a very simple image to help you with learning this differentiation. We are going to use an image that is one of the oldest that has been used as a metaphor for spiritual teachings on your world.

Imagine the sky. Is the sky a physical thing you can touch? No. But, you see a blue thing up there, yes? Consciousness is like that. It is infinite. It is vast. And from the perspective of the human it looks like it is a real, solid thing. However, it is a no-thing. It is also a container.

We have the sky as a metaphor for consciousness. What is in the sky? Birds, clouds, pollution. Those are the mind-things. The mind, or thoughts are only the things *in* the sky. They are not the sky itself. You are not the pollution or the birds. Your true nature is ultimately the sky. You are the open container – a paradox.

So our challenge to you then, of first importance, is to begin a practice (whatever it is) that will help you differentiate consciousness from the mind. It is only the mind that holds the polarity. You can see then, that if you begin this practice, you will clearly be able to see when you cling to polarized thought.

### **Tool #2: The “Virus” of Polarized Thought**

Speaking of polarity, let us use a metaphor. Polarized thought is a virus. Think about that. It spreads. For instance, if you believe dramatic stories of negative ETs that have an agenda to eat your toenails (or whatever ridiculous thing it is), you begin to polarize between what you see as “good ETs” and “bad ETs.” The virus spreads in your mind so that you start believing that those who don’t embrace your belief are “asleep” and only those who know what you know are “awake.” What are you doing? You are spreading a virus. When you spread a virus into a group consciousness, the weaker members of that group become infected. It continues and perpetuates. Polarized thought is like a virus.

If you can begin to look within yourself and see where you have spread your own polarized thought inside yourself, and what the result of that infection has been, you will begin to very clearly have the motivation to resist the urge of polarized thought. That is the road map.

It has never been a more fertile time to shift this in the mass consciousness of your planet. Let us explain this. Right now, whatever you plant will grow because the “soil” is so fertile. If you plant viruses or weeds, they will spread everywhere. If you plant seeds that neutralize the spread of polarized viruses, those seeds will take hold strongly. You can plant other seeds now that are stronger than the polarity virus *if* you have the courage and the motivation and the love deep enough to face your shadows in which to do so. The crops you will reap will be beyond your wildest imagination of transformation. It is up to you. It starts on the individual level, in the privacy of your own energy and your own consciousness.

Finally, we offer to you a remedy.

### **Tool #3: The Remedy of the Sirian Formula**

This remedy is one many of you know. It is discussed in the new book, *The Golden Lake: Wisdom from the Stars for Life on Earth*. It is the remedy that awakened my civilization. It is the remedy that is essential for you now as you move deeper and deeper into 4<sup>th</sup> density. We have called it **The Sirian Formula**. Let us put it simply.

First, recognize the polarized thought. “I like white jelly beans. I hate black jelly beans because they are evil.” That is a silly example, but one that represents polarized thought.

Step One: Recognize the polarized thought. Own it as being present in the “sky” of your consciousness.

Step Two: See your polarized thought as a spectrum. You can see one end of it and the other end. There is a middle point where you can rest between poles. From this place you can see the value of each pole and you can see how each pole is within you. You can exist in this middle place where there is no preference, where you are viewing the spectrum from the highest state of consciousness – not the mind. The mind cannot view the spectrum. The mind cannot take itself out of polarity. Only the consciousness can see the spectrum. When you find that sweet spot in the center, you have reached the

state of paradox in which you can see the poles existing equally. The more you allow yourself to rest in the point of paradox, the more you facilitate the process of alchemy. This brings us to the third point of the formula.

Step Three: This is the result of working with steps one and two. The result is alchemy. The result of resting in paradox between the poles is a complete shift in consciousness and polarized thought. This is what awakens a civilization. It *will* be what awakens yours eventually. That means enough people on your world must do this inner work to create the momentum for this kind of alchemical shift. We know you will eventually – whether it is now or in 26,000 years from now! It is your choice. The moment to begin is now. We have the ultimate faith and trust in all of you to do this essential work. We have seen the results of this powerful work in the civilizations that are part of your galactic family.

Go forth. Be brave. Always remember that you are nothing but the sky.

**Lyssa Royal Holt** is the author of many books including *The Prism of Lyra* and the new book *The Golden Lake: Wisdom from the Stars for Life on Earth*. She has been an internationally-known trance channel since 1985 working primarily in the USA and Japan. Currently she can be seen in multiple episodes of the docuseries *Interview with E.D. (Extradimensionals)* on Gaia TV. For more info please see her web site at [www.lyssaroyal.net](http://www.lyssaroyal.net).